

# **MARCH 2010**

# **MONTHLY SCHEDULE & NEWS**

FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Public Administration

Parks & Recreation Division

12 East 4th Street • Duluth, MN 55805 • 218.730.4310

# **EVERGREEN**

5830 Grand Avenue • 723,3663

WEEKDAYS	11:30	Senior Dining Mea
MONDAY	12:00 1:00	Hand & Foot Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15 1:00	500 Cribbage



MORGAN PARK,
PORTMAN,
on back.
(See separate
page for
Lincoln Park
and
Rainbow
Centers)

Monday-Tuesday March 8-9

1-5 PM AARP Defensive Driving Class

First Time Class - 8 hours total

(Call 730.4319 and leave message to register)

Friday March 12

10:45 Senior Meeting

Monday March 15

11:30 Post Polio

Wednesday March 17

3:00 US Steel Meeting

Saturday March 20

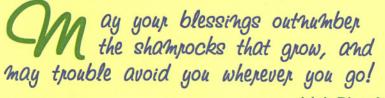
9-4 Senior "500" Card Potluck

Tuesday March 23

10:45-3:00 "500" Card Tournament

Thursday March 25

12:30 Ice Cream Sundaes served during Bingo Break! (\$1.00 each)



Irish Blessing

# SENIOR ACTIVITY SCHEDULE

"At A Glance"

Weekly, unless otherwise indicated.

BINGO

Monday 12:30 - Portman

Wednesday 12:30 - Morgan Park

1:00 - Rainbow

Thursday

12:30 - Evergreen 1:00 - Lincoln Park

Friday 1:00 - Rainbow

1.00 - Italibow

FOOT CARE (Fee Applies)

Thursday, March 11 and
Tuesday, March 23
9:00 - Portman
NEW PHONE NUMBER:
Call 730.4388 to

BLOOD PRESSURE

sign up.

Thursday,
March 4
10:30 - Portman

Wednesday, March
17 & 24
11:30 - Rainbow



### **MORGAN PARK**

1242 88th Avenue West • 626.4522

<b>WEEKDAYS</b> 10:00 11:30	•	Recreation r Dining Meal
MONDAY	10:00	Bone Builders
TUESDAY	10:30	Quilting
WEDNESDAY	9:30 10:00 12:30	TOPS Bone Builders Bingo
THURSDAY	12:30	Cribbage
FRIDAY	10:00 12:15	Bone Builders Bridge
Wednesday	March 3 11:00 Senior	Meeting
Tuesday	March 16 1:00 Bake/No Bake Sale! 12:30 "Double Holiday" Party (St. Pat/St. Urho)	



Although there are a few modern versions of where "St. Urho Day" originated, most believe Richard

Mattson of the Iron Range, a melting pot of immigrants, to be the creator. Teasing one another about their old country was a way of life and telling tall tales was common. At a St. Patrick's Day party in 1956 in Virginia, the Irish were bragging about their hero and how he drove snakes out of Ireland. Deciding to get one up on them, Mr. Mattson, who worked at Ketola's Department Store, boasted that the Finnish had their own wonderful saint who drove out poisonous frogs from Finland! As the night progressed, the new "holiday" was declared to be one day <u>before</u> the Irish holiday and was named "St. Urho's Day". (The president of Finland at that time was Urho Kekkonen.)

Mr. Mattson died on June 5, 2001, shortly before his 88th birthday. He managed Ketola's Department Store for 42 years.

SOURCE: Brownielocks.com

### PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS	11:30	Sr Dining Meal
MONDAY	12:45	Bingo
TUESDAY	9:00 12:00	Exercise Bridge
WEDNESDAY	1:00	Tap Dancers
THURSDAY	9:00	Exercise
Monday	<b>March 1</b> 12:00 Ser	nior Meeting
Thursday	<b>March 4</b> 10:30 Blo	ood Pressure
Thursday	March 11 9:00 Foot Care NEW PHONE NUMBER: Call 730.4388 to sign up.	
Friday	March 12 1-5 PM AARP Defensive Driving Refresher Class	

Tuesday

NEW PHONE NUMBER: Call 730.4388 to sign up.

\*\*Do not resent\*\*

(Call 730.4319 to register)

March 30

9:00 Foot Care

Do not resent growing old, for many are denied the privilege.

Irish Blessing

Call 218.727.4321 for more info on the ENIOR DINING PROGRAI sponsored by AEOA at the following sites:

#### DULUTH HEIGHTS HOLY CROSS CHURCH

410 North Arlington Avenue • 722.6022

EVERGREEN SENIOR CENTER
5830 Grand Avenue • 723 3663

5830 Grand Avenue • 723.3663

LINCOLN PARK COMMUNITY CENTER
2014 West Third Street ● 722.4107

MORGAN PARK COMMUNITY REC CENTER 1242 88th Avenue West ● 626.4522

PORTMAN COMMUNITY REC CENTER

4601 McCulloch Street ● 525.0838

RAINBOW COMMUNITY CENTER

211 N 3rd Ave E • 727.8147

WOODLAND GARDENS APARTMENTS

127 Calvary Road ●● 724.2989

# RAINBOW CENTER

211 North 3rd Avenue East ● 727.8147 (Cathie McGovern)

# SPECIAL EVENTS

Thursday	March 4	NAPS 10 am - 2 pm (727.5653, ext 12) Call Cathie at 727.8147 to adjust schedule
Friday	March 5	BIRTHDAY BINGO 1 PM
Monday	March 8	ADVISORY BOARD MEETING 9:30 AM SPEAKER 2 PM ("Strokes" with Dr. Devon Dannen)
Wednesday	March 10	ST. PATTY'S DAY CRAFT, BAKE SALE & OPEN MARKET 8:30 AM
Monday	March 15	SPEAKER 2 PM ("Whole Foods Co-op" with Shannon)
Wednesday	March 17	BLOOD PRESSURE CHECKS (Chris Jensen) 11:30 AM ST. PATTY'S DAY BINGO PARTY 1:00 PM Two Free Boards, Prizes, Lunch (\$1) Coneys, Dessert, Chips & Beverage
Monday	March 15	SPEAKER 2 PM ("Whole Foods Co-op" with Shannon)
Friday	March 19	RAINBOW CENTER BENEFIT CONCERT/SILENTAUCTION 6 PM \$10 Donation - Sacred Heart Music Center
Monday	March 22	SPEAKER 2 PM ("Weight Management" with Dr. Jenny Brown)
Wednesday	March 24	SPRING CRAFT, BAKE SALE & OPEN MARKET 8:30 AM AARP DRIVER'S REFRESHER COURSE 9 AM
Monday	March 15	SPEAKER 2 PM ("The Importance of Vitamin D" with Dr. Schonseld)
Wednesday	March 31	BLOOD PRESSURE CHECKS (Interim) 11:30 AM

# **WEEKLY ACTIVITIES**

WEEKDAYS 11:30-12:30 Senior Dining Meal

	MC	ONDAYS
0	Water Color &	Drawing

12:30 Water Color & Drawing
12:45 Cards
 Judi's Exercise Class
2:00 Educational Lecture
 & Ice Cream Parlor



WHY DID ST. PATRICK DRIVE THE SNAKES OUT OF IRELAND?

He couldn't afford the plane fare!

HOW DO YOU KNOW IF AN IRISHMAN IS HAVING A GOOD TIME?
He's Dublin over with laughter!

TUES	9-12 8 - 4	AARP Tax Preparation Ceramics
	1:00	(8-6 on 2nd Tues) Knit, Crochet, & Handwork
	3:00 6:00	Tai-chi Coin Club (2ndTues)
WED	8:30 - 3 9-12 1:00	Ceramics AARP Tax Preparation Bingo
THURS	9-12 9 - 3 All Day 10:00	AARP Tax Preparation Open Art Class Open Recreation Naps (1st Thursday) Chair Yoga
FRI	9 - 3 10:00 1:00	Open Art Class Chair Yoga Bingo

## LINCOLN PARK CENTER

2014 West3rd Street • 722.4107 (Carol Kari)

**SPECIAL EVENTS** 

Computer lab open weekdays!!! \$1.50 per month thru April

Thursday March 4 NAPS 12-1:00 PM

Tuesday March 9 RUMMAGE SALE 9 AM - 3 PM

Bring donations any weekday (9-2) prior to this date to help with this important fundraiser to keep our center open.

Wednesday March 10 BILLIARD TOURNAMENT FINALS 9AM

Monday March 15 ST. PATRICK'S DAY PARTY! 1:00 PM

\$1 - Music and refreshments in Midtown II Dining Room

Monday March 22 AARP DRIVERS SAFETY PROGRAM REFRESHER COURSE 1-5 PM

Call 722.4107 between 9-2 to register.

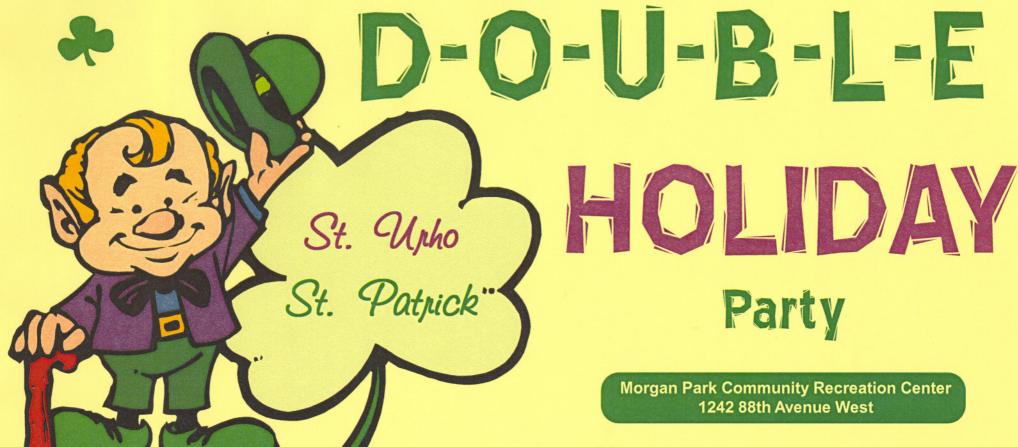
		Call 722.4107 between 9-2 to register.
		WEEKLY ACTIVITIES
WEEKDAYS	11:30 -12:15 Various Hours	SENIOR DINING MEAL COMPUTERS AVAILABLE FOR USE - \$1.50 per month thru April Check directly at the computer lab for hours open to the public or call 722.4107. Schedule is planned around Computer Classes on Mondays and AARP Tax Prep on Wed, Thurs, and Friday.
MONDAY	9:30 - 10:30 12:00 - 2:00	EXERCISE CLASS WITH CAROL Low impact exercises done standing or siting. All are welcome! MOVIE
TUESDAY	9:30 - 3:00 10:00 - 2:00	CERAMICS "MORNING OUT" - WEST Call Peg Kirsh Lee of Lutheran Social Services at 724.0648 for more information on this program that gives caregivers a much-needed break. ICE CREAM SOCIAL - \$1 each for sundaes and root beer floats!
WEDNESDAY	9:00 - 1:30 9:30 - 10:30 10:00 - 2:00	AARP TAX PREPARATION EXERCISE CLASS WITH CAROL PAINTING
THURSDAY	9:00 - 1:30 10:00 - 1:00 1:00	AARP TAX PREPARATION HOT CHOCOLATE & WHIPPED CREAM - \$.50/cup BINGO
FRIDAY	9:00 - 1:30 10:30	AARP TAX PREPARATION POETRY CLASS through March 19

ome join us for a "Free and Open to the Public" POETRY CLASS.
Classes are scheduled at 10:30 AM on Friday, - March 5, 12 and 19,
right here at the Lincoln Park Center. Please bring your own pen, glue stick,
scissors, and a blank notebook. Instructor is Tina Higgins, MFA Creative
Writing, Hamline University. Don't miss out on this one!

CRIBBAGE

12:30 - 3:00





#### DICE GAME

Bring one or more wrapped gifts. (Put on your thinking caps - bring something purple or green, Finnish or Irish!)

#### GUESS WHO?!

Bring a young photo of yourself and let's guess who everyone is! (Put picture in an envelope with your name on the back.)

#### REFRESHMENTS

Cake and Punch

QUESTIONS ABOUT THE PARTY? Call Theresa at 218,390,4971

Tuesday • March 16, 2010 12:30 - 3 PM

"Bake - No Bake" Sale at 11 AM

#### **AEOA SENIOR DINING MEAL** SERVED AT 11:30

Hot Beef Sandwiches Yum! Yum!

If dining, call 626,4522 by March 12!

